

Voters gather for precedent-setting school district meeting

BY DONNA RHODES
dhrhodes@salmonpress.news

TILTON – Despite the challenges recently presented by the Corona-virus health emergency, Winnisquam Regional School District voters were finally able to convene for their annual meeting last Saturday morning in the parking lot of the Tanger Outlet Center. There, they were asked to tune in to 90.5 FM on their car radios to hear the proceedings, were able to approach a distanced microphone for comments, questions and amendments, then voted by holding ballots out their car windows as a crew of assistant moderators took the count.

Opening up the proceedings was the district’s Moderator, Kent Finemore who, due to the snow and rain falling in the morning hours, spoke from a tented podium and asked, “Please

be patient with us” as the most unusual meeting got underway.

When registered voters arrived at the venue that morning they were asked to drive to the covered sidewalk in front of the outlet stores. It was there that the Supervisors of the Checklist from Northfield, Sanbornton and Tilton passed out copies of the warrant and annual report, print outs of what would typically be slide show presentations, and voting ballots. People were then instructed to leave at least one parking space between their car and the next in order to maintain social distancing. All non-registered voters were welcome to sit in on the proceedings but were asked to park in a designated area at the back of the lot.

On the district’s warrant this year were five articles and one non-binding referendum



Supervisors of the Checklist from Tilton huddled with their rain ponchos and protective gear on the sidewalk of the Tanger Outlet Center last Saturday where they safely distanced themselves by passing out warrants and voting ballots on a cookie sheet.

DONNA RHODES

poll; only two articles involved a direct tax impact. The first was for a \$28,594,731 operating budget; Article 2 addressed a collective bargaining agreement with the custodian’s union in the amount of \$19,000 for Year One. Articles 3, 4 and 5 were requests to use funds from the fund balance or to make a withdrawals from capitol reserve fund account.

SEE MEETING, PAGE A7

A journey through history, one marker at a time



COURTESY — LINDA FRAWLEY

The late Wallace Rhodes of Belmont was excited to be on hand when his town’s first historic marker was set in place in 2013, paying tribute to the mill building he worked for many years to preserve.

BY DONNA RHODES
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REGION – Michael Bruno, author of “Cruising New Hampshire History,” declares the Lakes Region to be the “Jewel of New Hampshire,” and he is not misled in that declaration since, besides its beauty, many of the old mills built along the rivers flowing from the lakes provided jobs for those populating the area in the 1800s, making it a true gem in the state’s history.

In 1830, when Belmont was known as Upper Gilmanton, among the leaders in local industry was the Gilmanton Village Manufacturing Company. Workers living in the many “mill houses” built in the village were

employed by the mill, which originally produced cotton cloth. However, in 1865, the company’s focus changed to the hosiery industry, continuing into 1970 when their last stocking was finally knit.

While still remaining a centerpiece of the Belmont village landscape, the mill was mostly abandoned by 1975 and in 1992 the building, including its iconic bell tower, were nearly destroyed by a devastating fire.

As a result of the fire, the mill was set to be demolished in 1975, but thanks to the work of Wallace Rhodes and fellow town historians, the brick building was saved, refurbished and

SEE MARKER, PAGE A7

Spaulding Youth Center celebrates front-line staff with campus parades

NORTHFIELD — Spaulding Youth Center is excited to share footage from their recent campus parades to celebrate the front-line staff who continue to support our residential students on campus. Click here to watch our highlight compilation: <https://youtu.be/kLCRqt8jTbU>.

Like many who are working the front lines during this pandemic, our staff are leaving the safety of their homes to report to work. Every day, our front lines provide 24/7 care and attention to our residential students. This includes helping students with their education, meals, showers, playtime, bedtime stories, and much more. Because of the devoted staff, our children feel safe and supported during this uncertain time.

“Spaulding staff have always been known as extremely dedicated and passionate about the care for the children and families we support,” said Susan C. Ryan, President & CEO of Spaulding Youth Center. “During this extremely challenging time in the world, these incredible individuals have continued to inspire and engage both the children who remain on our campus during the pandemic as well as those students who are tackling remote learning. Prior to this virus crisis, I could not imagine feeling more pride for our organization and staff, but their efforts over the past two months are truly heroic.”

To support Spaulding and the great work they do every day, please donate to SpauldingYouthCenter.org/give.

About Spaulding Youth Center

Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, residential, clinical, community based, foster care, and family support. Established in 1871 and known as Spaulding Youth Center since 1958, our scenic hill-top campus is located on nearly 500 acres in Northfield, NH and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.SpauldingYouthCenter.org.

Belmont High School athletes honored by NHIAA

BY DONNA RHODES
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BELMONT – Rebecca Camire of Canterbury and Joseph Spinale are two of 11 athletes at Belmont High School who received New Hampshire Interscholastic Athlete Awards this spring, presented to high school seniors throughout the state each year who participated in at least two sports while maintaining a B-plus average or better in their academics. Over the coming weeks, we will present profiles on all 11 athletic scholars at BHS.

First up for BHS however is Camire who was a member of the ski team throughout all four years in high school, as well as a taking part as



Rebecca Camire (left) and Joseph Spinale (right) are the first of Belmont High School’s Athletic Scholars to be recognized in the coming weeks,

a member of the varsity volleyball team. She played the position of setter for the volleyball

team and during her junior and senior years served as their captain. “Volleyball has been

my favorite sport because I love playing as a team, rather than in-

SEE ATHLETES PAGE A7

Canterbury Shaker Village completes repairs at Turning Mill Pond Dam



CANTERBURY — The Board of Trustees of Canterbury Shaker Village is pleased to announce completion of a major project to reconstruct an earthen dam and preserve the waters of Turning Mill Pond, the most prominent of the nine mill ponds that the Shakers built in the early 19th century.

The New Hampshire Land and Community Heritage Investment Program (LCHIP) awarded the Village a grant of \$97,300 in 2018. Recipients are required to raise a minimum of one dollar for each dollar provided by LCHIP and Canterbury Shaker Village exceeded that amount. The Town of Canterbury contributed \$25,000, and the Hunt Foundation gave \$25,000.

Additional grants were received from the Globe Community Fund and the Hartford Foundation. Individual donors generously gave over \$100,000 to complete the funding. The New Hampshire Preservation Alliance had named Turning Mill Pond to its Seven to Save list in 2018.

“This is a significant milestone for the Village,” said Jean Halloran, chairman of the Board of Trustees. “We became aware this work was needed back in 2010. We are indebted to former director Susan Bennett for organizing and managing all aspects of this project starting in 2017 and seeing it through to its completion earlier this year. We also extend our thanks to architectural historian James Garvin, one of our Trustees, for preparing, pro bono, the required Historic Resources Report and assuring all work met the standards of the NH Dam Bureau and the NH Division of Historical Resources.”

The dam reconstruction project was engineered by Milone and McBroom, of Bedford, with significant additional time rendered as a donation by engineer Eric Teale.

Andrews Construction of Campton carried out the work of rebuilding the dam. They also reconstructed another spillway on the east side of the pond and replaced the intake structure for the Village’s fire suppression system, a late add-on to the project. A pump at the pond and hydrants in the Village provide water for the town to fight fires throughout East Canterbury.

Once work got underway in late December, contractors were on-site for about two months. They drained the pond and partially dismantled the existing dam, taking great care not to disturb the historic Shaker dam of 1817 that had been bypassed by the modern replacement in 1987. It was this replacement that had failed and needed to be rebuilt.

Turning Mill Pond is the most prominent remaining feature of the Shaker mill system, readily seen from the Village and part of a two-mile long man-made system of dams, dikes, channels and mills begun by the Shakers in 1800. All told, the Shakers built fourteen different mills that produced a range of goods including wooden products, textiles, lumber, and flour. None of these mill buildings survive today.

Even though Village buildings are currently

closed right now due to COVID-19, the Village is open for walking and quiet enjoyment. A gate just off Asby Road on the south side of the Village marks a small parking area for hiker access. The walkway across the top of the dam will be maintained as one component of the Village’s extensive system of public hiking trails, including a trail that circumnavigates Turning Mill Pond. Interpretive signs with historic photographs and information about Shaker industries and manufacturing technology will be installed later this year, made possible by a grant from the Madeline vonWeber Trust. The adjacent 1817 stone dam will be kept free of vegetation so it is visible as a Shaker-built artifact.

Canterbury Shaker Village is dedicated to preserving the 200-year legacy of the Canterbury Shakers and to providing a place for learning, reflection, and renewal of the human spirit. It includes nearly 700 acres of forests, fields, gardens and ponds, as well as 25 original and four reconstructed Shaker buildings. For more information visit www.shakers.org or call 783-9511.

The New Hampshire Land and Community Heritage Investment Program is an independent state authority created by the legislature in 2000 with a legislative mandate is to ensure the perpetual contribution of natural, cultural and historic resources to the economy, environment, and quality of life in New Hampshire. LCHIP provides matching grants to New Hampshire communities and non-profits to conserve and preserve the state’s most important natural, cultural and historic resources. The program has provided 466 grants which have helped to conserve more than 290,000 acres of land for food production, water quality, ecological values, timber management and recreation and supported 280 projects to rehabilitate historic structures and sites. Grants have been awarded in all parts of the state and in 167 of New Hampshire’s 234 communities. Forty-six million dollars of state money has led to a total project value of more than \$317 million. The money for LCHIP grants comes from fees on four documents recorded at the Registry of Deeds in every county of the state.

For more information about LCHIP, visit LCHIP.org or call 224-4113.

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NH Nonprofit Response Fund receives \$15,000 donation from Franklin Savings Bank

FRANKLIN — Franklin Savings Bank purchased \$15,000 in CDFA tax credits to support the NH Nonprofit Response Fund. Supported in part by contributions from the business community in exchange for tax credits and loans from the Community Development Finance Authority and Business Finance Authority, the NH Nonprofit Response Fund will provide nonprofit organizations with critical resources of up to \$100,000 to meet the needs of the state's most vulnerable residents, as well as individuals serving on the front lines during the coronavirus pandemic.

"We are pleased to support the NH Nonprofit Response Fund during this time of great need throughout our state," commented Ron Magoon, President & CEO. "Nonprofits are vital engines that provide our underserved population with critical services and resources to address important needs. By partnering with the Community Development Finance Authority

and Business Finance Authority to make an investment in the Fund, we will be able to assist our nonprofit community with becoming more resilient during this period of economic disruption due to the coronavirus pandemic."

The CDFA has identified four specific areas that the NH Nonprofit Response Fund will address, including the needs of community-based organizations serving on the front lines of the pandemic; costs associated with new activities or adaptation for activities directly related to COVID-19; increases in demand for services provided to the most vulnerable populations as a result of the virus outbreak; and reductions in nonprofit's revenue and other resources due to COVID-19.

Eligible organizations may apply for a minimum of \$2,500 up to a maximum of \$100,000 in funding. Loans can be used towards working capital, equipment purchases, program expenses and other eligible expenses. For further de-

tails, visit nhcdfa.org.

About Community Development Finance Authority (CDFA)

The CDFA is a statewide nonprofit public authority focused on maximizing the value and impact of community development, economic development and clean energy initiatives throughout New Hampshire. For more information, visit nhcdfa.org.

About NH Business Finance Authority (BFA) Founded in 1992, the BFA serves to foster economic development and create employment opportunities throughout the state. The organization accomplishes these objectives by working with New Hampshire's banking, business, and economic development sectors to develop and implement programs to expand upon the availability of credit. To learn more, visit nhbfa.org.

About Franklin Savings Bank

Established in 1869, Franklin Savings Bank is an independent, mutually-owned com-

munity bank, offering a full array of commercial lending, personal banking and investment services. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack and Goffstown. Through its wholly-owned subsidiary, Independence Financial Advisors, Franklin Savings Bank also offers investment, insurance and financial planning services. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank is committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Franklin Savings Bank has donated more than 11 percent of its net income to charity since 2009. Visit www.fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Twitter and YouTube.

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Franklin Animal Shelter 5K goes virtual

FRANKLIN — During this COVID-19 crisis, many of the Franklin Animal Shelter's fundraising events have been cancelled or postponed. We would like to thank all the health care providers/employees, essential and non-essential employees for their commitment to keeping us safe. They truly are the heroes!

The Board has decided because of COVID-19, this year's 5K, originally scheduled for May 23, will be held as a virtual 5K, and the dates are Saturday, May 23 and Sunday, May 24. Participants can register on

line, and each participant will receive a bib (with a coupon for a free beer from Kettlehead). All registered participants may run anytime on the course which is located on Daniel Webster Avenue in Franklin at Paul Smith School. The participants will keep their own time and submit their results after they run. All results need to be in by 6 p.m. Sunday, May 24. The course is U.S. track and field certified.

FUNds4Paws 2020 Indoor Triathlon has been postponed until September. The competitions include bowling,

miniature golf & games. Trophies and prizes will be awarded at the end of the competition. All team members get a 2020 Triathlon shirt & a free pizza lunch. Support the animal shelter by signing up with your team. Teams who bring in pledges get tickets for the Super Pledges Prize. More pledges = more entries! 2020 Super Pledge Prize at the end of the competition is a 5-day cruise to the Bahamas or Caribbean for two. There will also be 50/50 raffle tickets available. Join the Fun... Sign up today. Limited number of team spots available. A four-person team entry fee is \$200. For more information: Fun-

spotNH.com or FUNds4paws.org.

The Franklin Animal Shelter Dinner Dance has been postponed. Stay tune for further information.

The Franklin Animal Shelter is a 501 (c) (3) tax-exempt organization. Tax deductible contributions may be made through the website, www.franklinanimalshelter.com, or mailed to PO Box 265, Franklin, NH 03235

Be the set of hands that saves a set of paws.

For more information, please contact Christine Dzuja at 934-7163.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of May 1-8.

Colin C. Dowling, age 32, of Canterbury was arrested on May 1 for Violation of Probation or Parole and in connection with two outstanding warrants.

Christopher J. Aiken, age 41, of Belmont was arrested on May 2 on two counts of Domestic Violence-Assault.

Joseph A. McCormick, age 32, current address unknown, was arrested on May 4 in connection with a warrant.

Dylan Jacob Gortney, age 23, of Laconia was arrested on May 4 for Speed-Basic Rule, a Suspended Registration, Driving After Revocation or Suspension, Traffic Control Devices, and Motorcycle License Required.

Mickayla A. Cantin, age 21, was arrested on May 6 for Driving After Revocation or Suspension, Operating Without a Valid License, and in connection with multiple bench warrants.

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 447 calls for service and made the following arrests during the week of April 27 to May 3.

Arrested during this time period were Trevor Hoyt (in connection with a warrant), Chayna Smart (for Possession of Drugs), Brian Austin (for Possession of Drugs), William Watson (for Breach of Bail), Eric Lombardi (for Driving Under the Influence), Christopher Stotler (for Driving After Suspension), Hunter Cogan (for Possession of Drugs), and Sara Zareas (in connection with a warrant).



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The making of Mother's Day

Another Mother's Day has come and gone, and this year's was certainly different as far as celebrations go. Due to COVID-19 restrictions, traditional Mother's Day luncheons or brunches did not take place. Mothers living in long term care facilities replaced in person visits with zoom or telephone calls. From what we can see, most everyone has made the best of the situation.

We would like to recognize the fact that today, "mother" is increasingly becoming a word that could also apply to a father; aunts, uncles, grandparents and other family members who, for one reason or another, step in to that role as single parents or careivers. To those people, we wish you a happy Mother's Day as well. With that being said, motherhood should be celebrated. Our children bring out the best in us and sometimes the worst, however at the end of the day the bond between most mothers and children is one that is stronger than anything we can describe.

Interesting is the fact that the creator of the holiday, Anna Jarvis, in 1908 fought to remove the day from the calendar after it became overly commercialized. Mother's Day was officially placed on the calendar in 1914 by President Woodrow Wilson. Mothers were to wear white carnations given to them by their children and presented with other gifts.

The ancient Greeks, along with the Romans, held festivals to honor mother goddesses Cybele and Rhea. In more recent history the Christians called it 'Mothering Sunday.' Across the Atlantic Ocean, the holiday fell on the fourth Sunday during Lent and every mother was expected to return home to their 'mother church' to attend a Mother's Day service.

Ann Jarvis (the mother of Anna Jarvis), along with Julia Ward Howe, held special classes in West Virginia during the early 19th century to teach women how to care for their youngsters. In the year 1868, Jarvis put together a 'Mothers Friendship Day' where mothers would socialize with former Union and Confederate soldiers in helps to create reunification.

Howe penned a 'Mother's Day' Proclamation in 1870 in which she asked mothers across the country to help promote world peace. Three years later, Howe was pushing to have a 'Mother's Peace Day' celebrated on June 2 annually. In Michigan, Mary Towles Sasseen and Frank Hering worked together to organize the holiday into the 20th century.

In 1905, Anna Jarvis lost her mother Ann. The grieving daughter looked to honor the sacrifices her mother made for her by celebrating Mother's Day and hoped other children would do the same.

The first big celebration took place in 1908 in West Virginia, where a business owner named John Wanamaker held an event at a church to honor motherhood. That same day in Philadelphia thousands attended a sister store of Wanamakers to celebrate as well.

In 1970, Coretta Scott King, wife of Martin Luther King, Jr., used the holiday to bring awareness to underprivileged women and children. In Thailand, Mother's Day is celebrated in August on the birthday of the current queen. In Ethiopia each fall, a big feast along with music is held over the course of a few days to celebrate motherhood. A fun fact, is that more phone calls are made on Mother's Day than any other day of the year.



DONNA RHODES

Birthday surprise

Emily LaPlante of Tilton received hugs from great-granddaughters Tilly and Talia, as well as her "adopted" grandson Gordie, after a birthday parade consisting of family, friends, police, and fire department members was held in her honor last Friday. LaPlante is a much loved and deeply appreciated volunteer for the Tilton Senior Center, where she oversees luncheons, dinners and other special events in addition to packing more than 100 bags of food each week for the Every Child is Ours program. Happy Birthday, Emily!

STRATEGIES FOR LIVING

Satan is alive and well

BY LARRY SCOTT

The Bible begins with this significant statement. "In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. And God said, "Let there be light," and there was light (Genesis 1:1-3).

If God did, indeed, create the heavens and the earth, why did He create it formless and empty rather than in the perfect order it would be after His six creation days? Could anything brought into being by the Sovereign God be less than perfect? What happened?

If we postulate that the earth was Satan's domain, it is conceivable that when Satan decided, in the words of

the Prophet Isaiah, to "raise my throne above the stars of God; I will make myself like the Most High," the earth was plunged into the chaos referred to in Gen.1:2. I will grant that I am speculating. Except for Satan's rebellion, the Scriptures tell us nothing about what happened before creation. But a hint is given us on the occasion of Jesus' first encounter with the devil shortly after His baptism.

At that time, "the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. 'All this I will give you,' he said 'if you will bow down and worship me'" (Matthew 4:8-9). It is telling that Jesus refused the offer but did not question the devil's authority. Accordingly, many of us believe that when Satan rebelled, it was then that the world,

as the devil's domain, became "formless and empty and darkness was over the surface of the deep."

But the magnificent creation God planned for us would still come into being. When the time was right, God intervened. He brought order out of the chaos, recreated this beautiful world, and placed two beings, created in His image, in a marvelous "garden" to oversee it all. From that day forward, a trend was established: that which hell destroyed God would, sooner or later, bring back to its original purpose.

I am, in the words of Scripture, "a new creation." Despite the threat hell has used to impact my stability and destroy my faith, there is light at the end of my tunnel. My mistakes and weaknesses notwithstanding, God has been

good to me. He has given me hope that a new day is coming. Not only was God active in the building of His creation, but He has also taken a broken life like mine, "formless and empty" indeed, and of it brought something worthy of His creative power.

The day before His crucifixion Jesus told His disciples, "Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy" (John. 16:22). With Jesus' death, Satan thought he had won the day. Little did he know that, as in the beginning, there was a new day coming in which out of the chaos would come a brilliant, marvelous light, that would never be extinguished ... His name was Jesus!

For more thoughts like these, follow me at indefenseoftruth.net.

LETTERS TO THE EDITOR

Sununu has shown outstanding leadership

To the Editor:
Leadership doesn't lack for definitions. Communication, integrity, honesty, innovation and trustworthiness are all in the job description. Encouraging participation and motivating people for a common goal is also part of the big picture.
I applaud our Governor, Chris Sununu, for his outstanding leadership, and especially during these

recent months. He effectively employs art and science, and uses his good mind and heart – first and always - for New Hampshire.
Thank you, Gov. Chris.

KEVIN STURGEON
BELMONT

Sanbornton property tax card information

To the Editor:
For quite some time now ,because of a past decision made by the Selectmen, residents of Sanbornton have not been able to view all the data that makes up their complete tax card at no cost to the Taxpayer. For some reason a decision was made to use Avitar for our tax card information on the town Web site!
Currently, if you want to view your tax card you have to click on Assessment Data Review Online using Avitar on the town web site and you are offered a guest option or you can purchase a user subscrip-

tion. The guest free option provides very limited information. If you want to see all your Tax Card information for a month it will cost you \$25 or \$150 for a year.
Question is why did we ever go from a town web site where all the tax card information was always available at no cost to the taxpayer to one that now cost the tax payers money to see all their public data information?
BILL WHALEN
SANBORNTON

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The glacier and the boulder, and “Your bees are here”



By JOHN HARRIGAN
COLUMNIST

Fellow columnist Gary Moore, who writes a weekly outdoor article for several newspapers from his home in Bradford, Vt., dragged his wife Linda along for a truck-tour of mid-state New Hampshire a couple of weeks ago. One of the features they stopped to see was the famed Madison Boulder.

This gigantic rock is so named because (surprise) it’s in the town of Madison, named in turn for the signer of some fundamentally important documents. For the geographically challenged, Madison is just south of Conway and east of Route 16. If you get lost in Madison, and wander into adjacent Eaton, and continue to be unaware of your surroundings, you could (gulp) wind up in Maine. Be careful while over there, however, because among other suspicious things, they like their hotdogs Number Eight Foodstain red.

The Madison Boulder is thought to be the largest glacial erratic in New England. It is 23 feet high, 37 feet wide, and 83 feet long. Its weight is “said to be,” as the old dodge goes, 5,000 tons.

“Glacial erratic” means that the rock does not match surrounding formations and was probably transported thither by a glacier. In light of this, the Madison Boulder is also an outsider, a non-native, a newcomer, or as a Millennial might put it, a newbie. There was probably at least one glacier earlier than the glacier we struggle to learn about, which occurred perhaps 15,000 years ago.

That is roughly when the massive sheet of ice tore the Madison Boulder from the arms of its loving bedrock and slowly bulldozed it along to its new home several miles to the southeast. Experts trying to back-track it have said it came from either the White Ledges (four miles), the Whitton Ledges (12.5 miles), or Mt. Willard in Crawford Notch (24 miles).

Either way, the Madison Boulder is “from away,” as those with that certain smug self-awareness and sense of place (that might be me) love to say. I mean, doesn’t that just come off as so...well, non-inclusive? “He’s from away,” one says, with a wave of dis-

missal.

Where were we? Right, Madison. Gary included a photo of the Madison Boulder, and it looked like it always looks in a newspaper photo, like a big blob of nothingness, as if there’s a hole in the page. The Madison Boulder could be best photographed from a blimp, and even then only if the woods weren’t there and sheep were grazing all around, as it actually once was.

In the meantime, we can imagine the immensity and power of the mile-thick sheet of ice that carried it there, and ultimately melted away.

+++++

Last week included the 17th anniversary of the date (May 3, 2003) when the Old Man fell off his perch on Cannon Mountain. To those of us who grew up seeing the Profile every time we went through Franconia Notch (except when occluded by fog or low-hanging clouds), it was about as rude a geological awakening as you could get.

But it had always been a matter of time, and this was brought home when later in life I got to scramble around on the rocks that formed his shape, and saw how much effort and material had gone into keeping the Old Man where he was. And from the first time I stepped onto the Old Man’s forehead with longtime caretaker Niels Neilsen and his crew, I thought the big fall might happen in my lifetime.

That was back in the early ‘70s, when I was working for the New Hampshire Sunday News. Giant turnbuckles bolted key components of the Profile to bedrock and kept them from succumbing to gravity, and layers of tar and thick tarpaper covered the granite’s seams.

The Associated Press squib that accompanied the 17th anniversary photos said the Old Man fell because “The rocks gave way after centuries of freezing and thawing.”

Well, yes and no. It was hydraulics of the old-fashioned variety. During the warmer months, water soaked into the accumulated soil, pebbles, dust, moss and lichens in the seams of the 14 major rocks that formed the Old Man. As we’re all supposed to know, water expands when it freezes. Ultimately, centuries of these tiny little nudges bested the best of intentions.

+++++

People don’t “chop” firewood, any more than diesel locomotives



One of the few ways to convey the size of the Madison Boulder is to gather a whole bunch of people at its base, as took place during this sunny outing. (Courtesy of the Moultonborough Public Library)

“chug.” Yet newspapers and magazines are always putting it that way, to teeth-grinding consternation.

Most people get their firewood in eight-foot logs dumped as close to their houses as possible, to reduce lugging. They cut the logs up into stove-wood length, usually with a chainsaw (some diehards use crosscuts or two-man saws), and then split it with hydraulic splitters or splitting mauls, and pile it up to dry outside, or stack it in a woodshed, or down cellar. “Chopping” these days is pretty much relegated to university-level logging team competi-

One might suspect that stories referring to “chopping” firewood are written by someone from Asphalt America. But on the flip side of this kind of snarky, divisive terminology, I’d probably get things totally and revealingly (to Manhattanites) wrong if I was assigned to write about, say, the New York subway system.

+++++

David Brooks writes about all things scientific and outdoors for the Concord Monitor, and happily submits to being tagged “The Science Geek.” In this regard he has become something of a regional celeb.

David was surprised to learn that you can order bees through the U.S. Postal Service. His personal favorite is bumblebees, used in some greenhouses, so he

mused about ordering a batch of bumbling but benign bumblebees.

Having partnered in the bee business for a while (honeybees, that is), I have up close and personal experience with bees and the U.S. Postal Service. You order your bees, and a few weeks later, you get a telephone call:

“Your bees are here.”

Tons of meaning are dripping like honey from these few choice words. The translation is, “Your bees are here, and we’d really just as soon they weren’t, and we’d like you to come and get them, as in out of here, gone, pronto.” But lest we be tempted to be judgmental here, this could be as much out of concern for the health and safety of the bees as for the postal crew. There are mitigating circumstances, after all.

No matter how carefully the shipping container and its skeletal wooden frame have been assembled back down there in South Carolina or wherever you ordered your bees, the box is emitting a low but audible hum; and two or three bees have somehow escaped.

And they are out, right there, crawling around the framework.

to campguyhooligan@

(Please address mail, gmail.com or 386 South Hill Rd., Colebrook, NH in case of questions, 03576.)

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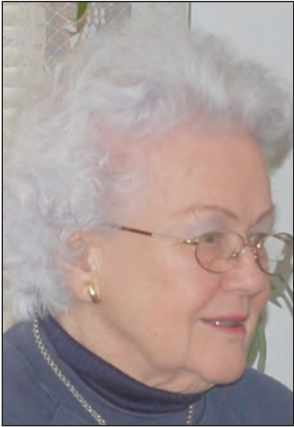
Leatrice D. Blanchette, 93

FRANKLIN — Leatrice (“Lee”) D. Blanchette, 93, of 29 Baldwin St., Franklin, died on Saturday, Dec. 21, 2019, at The Golden Crest with family around her.

Leatrice was born on Dec. 17, 1926, in Lincoln, Vt., the daughter of Philip and Maude (Brooks) Derosia. She lived in Plymouth before moving to Belmont 70 years ago.

Leatrice was a manager at New England Telephone Company for 30 years. She enjoyed fishing, flower & vegetable gardening and farming with her husband, Roland, at their Landaff farmhouse. They also rejuvenated one old house, which they received an award for. She also owned and managed Shady Oaks Apartments in Belmont.

Leatrice is survived by two sons and two daughters-in-law, Gene Blanchette and his wife Valerie of Landaff and Paul Blanchette and



Lee Blanchette

his wife Claudette of Belmont; one granddaughter, Audra and her husband, Jeff Carson, of Belmont; two grandsons, Michael Blanchette and his wife, Kristy, of Laconia and Jake Blanchette, of Landaff; one great grandson, Andre Blanchette, of Laconia; and one great granddaughter, Elizabeth Blanchette, of Laconia; along with several nieces, nephews and many friends.

In addition to her parents, she was prede-

ceased by her husband, Roland R. Blanchette; one sister, Phyllis Monahan; and two half-brothers, Wyman and Prescott Blake.

Due to current COVID-19 concerns and CDC recommendations, a private graveside service will be held at Sacred Heart Cemetery in Laconia.

For those who wish, the family suggests that memorial donations be made to Concord VNA – Hospice Care 240 Pleasant St., Concord, NH 03301 or to St. Vincent DePaul, 1269 Union Ave., Laconia, NH 03246

Wilkinson-Beane-Simoneau-Paquette Funeral Home and Cremation Services, 164 Pleasant St., Laconia, is in charge of the arrangements. For more information and to view an online memorial, go to www.Wilkinson-Beane.com.

MARK ON THE MARKETS
Productive cash



BY MARK PATTERSON

Couple of weeks back, I was speaking about little-known fees inside mutual funds. This cash left inside of mutual funds is not for tactical purposes but for mutual fund outflows. This cash creates “cash drag” that adds to the overall expense of mutual funds. As an advisor who manages money and would never use an expensive broker sold fund, I do often have cash in my client’s accounts. The key difference is that this is not cash left aside for outflows, but it is or can be used for tactical purposes.

I was recently at a conference for money managers where one of the presenters spoke of his advisory that primarily sells option premium. Selling option premium is something that I do inside my client’s accounts where appropriate, and this is a tactic within a strategy that gains revenue for the account, because

I’m selling premium and collecting money. The other reason that I do it is to build positions of stocks or ETF’s using this option strategy to improve the price for my client. But getting back to the advisor whose objective is to sell options premium. He stated that through much of the year he is in cash, typically in times of low volatility the premium available when selling an option contract is low, so this advisor waits for volatility to rise to maximize the premium that is collected on behalf of his clients. So, you could see that the cash in the client accounts is not just sitting there unproductive, but if used sporadically and tactically, returns can be very good, double digits in his case (YTD). Another tactical use for the cash in your account may be simply waiting for certain situations within the markets to become available.

As I’ve stated in the past, a well-constructed portfolio according to modern portfolio theory will have low-correlated asset classes which typically do not all do well or poorly at the same time. Over time you will enhance the yield and mitigate the risk with this method. Studies have also shown that the average investor will buy near the top and sell

near the bottom. Having cash in the account allows us to scale into asset classes that are undervalued and scale out or rebalance those asset classes where we are over invested.

A well-constructed portfolio is likely to not see the gains that a portfolio of stocks would have in a bull market for stocks, but it will also not have the losses of a bear market if stocks. The objective is to move ahead and be able to quantify the gains and losses using statistical analysis and a standard deviation from the mean, a.k.a. average.

Your portfolio should reflect goals, objectives and risk tolerance that pertains to you. It is my opinion you cannot just buy a family of mutual funds and achieve a well-diversified portfolio of investments that return maximum performance/ mitigate risk and have low fees.

Please visit my web site, MHP-Asset.com, and go to tools and then risk analysis. You are welcome to take the Riskalyze profile to measure your risk tolerance using real dollars as an example.

Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

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**TOWN OF NORTHFIELD
PLANNING BOARD**
Thursday, May 21, 2020 at 7:00 pm
AGENDA

ATTENTION: Due to COVID-19 we will be hosting this meeting online via **Zoom**. If you do not have access to attend the meeting online, you can call into the meeting. For details on how to join the meeting please contact sgiovannucci@northfield-nh.org All applications and plans are available for review at www.northfieldnh.org

1. Monique Cormier Family Trust, Suzanne Arena Trustee – Continued Application for a Major Site Plan for UPS Distribution Facility located on South Park Drive (Map R14 Lot 5-4) in the C/I Zone

2. Adjournment

The Town of Northfield complies with the Americans with Disabilities Act regulations. Please contact the Selectmen’s Office at 286-7039 if you need special assistance in order to attend this meeting.

TOWN OF TILTON
Notice of Virtual Public Meeting
Thursday, May 21, 2020, at 6:00 p.m.

A virtual public meeting will be held to discuss the placement of speed bumps on Peabody Street in Tilton. Public comments welcome.

The public is encouraged to participate remotely with Gotomeeting using your smartphone, tablet, or computer at <https://www.gotomeet.me/Townof-Tilton/selectmen>.

You can also dial in using your phone toll free at 1-866-899-4679, Access Code: 817-026-717

Please try to log in five minutes before the meeting’s scheduled start time in case you run into any technical difficulties. If you have any difficulties, please email web@tiltonnh.org which will be monitored during the meeting.

**Shaker Regional School District
BHS Gas Line Proposal Request**

Shaker Regional School District is seeking proposals to have gas installed in a science lab at Belmont High School. A site visit will be held on May 11, 2020 at 1 pm. Proposal specifications can be found on the District website, www.sau80.org or by contacting Steve Dalzell via email sdalzell@sau80.org or by phone at 603-267-9223 x5309.

Scott Knowles of
RE/MAX Bayside
receives awards
from RE/MAX
New England



Scott Knowles

MEREDITH — Travis P. Cole, Manager of RE/MAX Bayside is pleased to announce that out of more than 2,700 RE/MAX agents in New England, Scott Knowles has been extremely successful in sales awards for the first quarter of 2020.

Knowles was the top agent in New Hampshire for luxury property sales and seventh highest in New England for the number of transactions. Additionally, he was second in New Hampshire and twelfth in New England in commission income.

Knowles has been working in the real estate industry for over twenty years and has been with RE/MAX Bayside since 2009.

He states, “I love living in Laconia and the Lakes Region! Our community has so much to offer and I love sharing my knowledge and experience of living here with all of my clients! I’m honored to be surrounded by such an incredibly supportive team.”

Knowles is an active part of our community, supporting the Boys and Girls Club of Central NH and the Make a Wish Foundation.

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We will be starting on the East end of Tilton, heading west and then going into Northfield. If you have any questions, please feel free to call our office for scheduling information – 286-4213.

***Since flushing may cause water to become turbid, care should be used if you do laundry on that day. Please remember to turn off your automatic ice makers in your refrigerators if you have them.

**TOWN OF NORTHFIELD
ZONING BOARD OF ADJUSTMENT**
Monday, May 18, 2020 at 7:00 pm
AGENDA

ATTENTION: Due to COVID-19 we will be hosting this meeting online via **Zoom**. If you do not have access to attend the meeting online, you can call into the meeting. To join the meeting please call the office at 286-7039 or email sgiovannucci@northfieldnh.org for log in and password. All applications and plans are available for review at www.northfieldnh.org.

1. Minutes – April 27, 2020

2. Wireless EDGE Towers II, LLC- Application to construct an AGL Tower located at 149 Park Street (Map U09-1F) in the C/I Zone.

3. Other Business

4. Adjournment

The Town of Northfield complies with the Americans with Disabilities Act regulations.

Please contact the Selectmen’s Office at 286-7039 if you need special assistance in order to attend this meeting.

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MEETING

CONTINUED FROM PAGE A1

counts.

Before those articles could even be addressed, however, Greg Hill of Northfield came to the microphone to make a motion to postpone the meeting until June 13.

Hill, who also serves as a State Representative for Northfield, said he received many phone calls from constituents who voiced concerns about attending the meeting in light of the COVID-19 pandemic. Many were further concerned about being at an outdoor meeting due to the weather conditions.

More than 40 minutes of discussion was held about his proposal. School Board member Jasen Stock was one who spoke against the motion. He said the district was trying to meet their statutory requirements to hold a district meeting, and there were important decisions to be made in regard to the budget and teacher contracts.

“We reviewed this format, and it’s less than ideal, but provides the opportunity for debate, discussions and motions to be made,” Stock said.

Nina Gardner of the Budget Committee said delaying the meeting

until June could further complicate financial issues for both towns and the district since tax bills are typically mailed in June.

Heather Bishop-Dumka was one of many who spoke in favor of Hill’s amendment. In light of the fact that thousands of people have lost their jobs and are sheltering at home, she felt the meeting could be delayed for another month when more voices could be heard.

“Let’s take a second, take a month, and regroup,” she suggested.

Northfield Supervisor of the Checklist Peggy LaBrecque, however, stepped up to the microphone to inform everyone that the venue did little to alter attendance that day.

“We have 134 voters here right now. That’s the approximate average of voters we’ve had over the last five years,” said LaBrecque.

Vehicle horns honked for both sides of the argument, but after a show of voting ballots, the majority opted to continue the meeting.

Article 1, calling for a \$1.2 million increase in the budget for the coming year, was introduced by Budget Committee Chair Nina Gardner who reminded voters that

that budget was made many weeks prior to the viral pandemic.

“None of this (the consequences of the virus) are known right now, and we built a budget as we always do,” she explained.

Only Joyce Fulweiler of Northfield had a comment on the article, stating that with so much uncertainty about COVID-19, it was best to remain hopeful, support the budget and see where the future leads.

“Being here today, we at least have some certainty and we should be ready to move forward,” Fulweiler said.

Prompted by Finemore, residents then held purple voter cards out car windows to present their votes and the majority agreed.

Article 2, which addressed a \$19,070 collective bargaining agreement between the school board and Winnisquam Custodians AFSCME Local 3158, also passed without discussion, as did Article 3, requesting up to \$450,000 to be placed in the Capital Reserve Fund- Building, Renovations and Repairs account. That money will be issued from the district’s June 30, 2020 unreserved balance.

Article 4 asked to withdraw \$579,000 from



When it came down to decision-making time at last Saturday’s annual meeting for the Winnisquam Regional School District, voters held their purple voter ballots out their car windows for Moderator Kent Finemore and his staff to count.

the Capital Reserve Fund- Building Renovations and Repairs for a number of repairs to district school buildings, while Article 5, requesting the transfer of \$90,000 from the unreserved fund balance to the Special Education Capital Reserve Fund, was also approved without comment

Finally, the school board polled attendees as to their opinions on three options they are considering for possible cost-cutting changes to the district. Option A would be to do a significant overhaul to Union Sanborn Elementary School and complete an addition on Sanbornton

Central School. Option B would be to close Union Sanborn School while making more space at Southwick School to accommodate the K-2 students of USS. It also includes completion of an addition on Sanbornton Central School along with security measures to be constructed at all district elementary schools. Option C would be to simply overhaul Union Sanborn School with repairs made to mechanical/electrical/plumbing in as funds become available.

Assistant moderators brought ballot boxes from car to car in the parking lot to collect those special polling bal-

lots, which will now be passed on to the school board for review and consideration.

To the sound of car horns honking their approval, the meeting was adjourned at approximately 10:50 a.m..

Superintendent Rob Seaward was pleased with how well the meeting went under such unusual circumstances.

“We’ve been told by the state that we’re the first district to hold a meeting like this, and I think that, despite the challenges, it went very well,” he said.

ATHLETES

CONTINUED FROM PAGE A1

dividual competition,” Camire said. “One of my favorite volleyball memories is from this year with our home game against Winnisquam. We ended up winning one set 31 - 29, which was incredible. I have never played a set to 31 points before and it was such an incredible feeling to win a set like that.”

In the fall, she plans to study business administration at UNH, where she hopes to continue playing volleyball through intramural or club teams.

“Being recognized as a scholar athlete feels

very rewarding to me. Anyone who receives this title has put in a lot of work in high school, both in the classroom and outside of it, and it’s really nice to have that effort be recognized,” Camire said. “Overall, sports have been such a highlight throughout my high school career and I’m pretty sad to have that be over. I am grateful for the experiences I’ve had and I know I will continue to have these sports in my life.”

Joseph Spinale is another senior from BHS who successfully participated in not only soccer but both indoor and outdoor track and field for four years while still

maintaining top grades.

Spinale signed on to the track and field team in his freshman year where he threw shot put, discus and javelin for field events. He also ran the 100-meter and 4x100 relay races, but it was shot put that sent him to the state’s Division 2 finals this year. Spinale didn’t just participate on the team though. He led them when he was needed.

“I was the coach for the majority of my senior year for the throwers in track because we had no other coach and I was the most qualified on the team,” he said.

While he admits that he is most likely better

at throwing, Spinale said soccer is his passion. He began playing the sport in kindergarten when he found he would rather kick a ball than throw one and stuck with it through the years.

Looking back over 13 years of soccer, Spinale said his favorite memory comes from his junior year when BHS entered the state semi-finals undefeated, having only given up four goals, but set to face Campbell in their quest for the title.

“After almost two hours of soccer, it was 0-0 and we went to penalties,” Spinale said. “We did lose, but at that moment, standing there with everybody as we

knew our season came down to those 10 final kicks, we were never closer.”

In the fall his plans are to attend Cornell University, which he hopes will include sports at some level, whether it be track and field, club or intramural soccer.

“I’m really happy to be able to say I am a scholar athlete,” he said. “I did not come into high school thinking I would

join any new sports and really achieve any athletic success, my mind was completely on academics. Athletics are still really fun and they help with stress, but they will always be second to academics. Thank you for wanting to highlight our achievements. Anything that helps to make up for the rest of our senior year is greatly appreciated.”

MARKER

CONTINUED FROM PAGE A1

plans for its continued use are now underway.

This particular historic marker is unique in that the story of the mill is documented on both sides of the marker. One panel addresses the mill’s history while the other chronicles the efforts that saved Belmont Village’s largest landmark from ruin.

Historical marker #0235 was the very first to be erected in the Town of Belmont and can be found just off Depot St. (Route 140) as one approaches Belmont Village from Route 3 and I-93. It is set at the entrance of a newly developed walking/biking trail where visitors can cross over two covered bridges. One bridge leads left over the Tioga River into the village and the mill, while the other bends to the right along an old rail trail, providing recreation and wildlife observation as it heads back along the Tioga River toward Route 140.

More information about the more than 250 historical markers located in New Hampshire can be found in Bruno’s book, “Cruising New Hampshire History,” which is available at www.cruisingnewhampshire-history.com, or by visiting the New Hampshire Department of Historical Resources’ Web site at www.nh.gov/nhdhr/markers.

I can’t wait to heading everyone in a new direction next week! Happy trails!

Holy Grail property sold

LACONIA — Remax Bayside has announced that Reuben Bassett and Ron Talon have recently completed the sale of the historic Holy Grail Restaurant and Pub property located at 12 Veterans Square in downtown Laconia. The sellers continue to own and operate the Holy Grail Restaurant and Pub in Epping, New Hampshire.

Formerly the Evangelical Baptist Church, this beautiful building was constructed in 1836 and added to the National Register of Historic Places in 1985. It was completely renovated into and opened as the Holy Grail in 2015.

Reuben states, “Ron and I are thrilled to have been involved in the sale of this unique property and I’m sure it will add to the positive growth of the downtown area.”

The new owners will be announcing plans for the building in the coming months.

Travis P. Cole, Business manager for Bayside, expresses, “I am certain with all that is going on in the Laconia area our commercial market is ready to boom. We are fortunate that we have such dedicated and qualified associates to help our commercial property owners through these exciting times.”

RE/MAX Bayside’s Laconia office is located at 604 Main St. in Laconia. Their Meredith office is at the junction of Routes 3 & 104. For additional information contact Reuben at (937) 532-9636 and Ron at 978-0891.



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Edward Jones: Financial Focus

Proper Diversification Can Ease Retirement Income Worries

During your retirement, you will likely need to withdraw from your investment portfolio to help pay for your living expenses. So, naturally, you'd rather not see the value of that portfolio decline. Yet, if you spend two or three decades in retirement, you might experience several steep market declines – in fact, drops of at least 20 percent have typically occurred about every four years. So when a decline occurs, how concerned should you be? Actually, maybe not all that much – if you've prepared your portfolio for all circumstances. Here's the key thing to remember: While the financial markets may drop sharply at any time, it doesn't mean your portfolio will fall as precipitously. For example, the S&P 500, an index that tracks the stocks of 500 large U.S. com-

panies, might fall 20 percent, but does your own portfolio only consist of these stocks? Most likely, it doesn't. In fact, it's generally a good idea to maintain a portfolio balanced between stocks and bonds, with the percentages of each based on your goals, risk tolerance and time horizon. While diversification cannot guarantee a profit or protect against a drop, it certainly can reduce the impact of a decline. In fact, during a significant market downturn, the difference in performance between an all-stock portfolio and one containing a mix of stocks, bonds and other investments can be dramatic. Consider this: From January 1 through March 31 of this year, the period covering the initial market decline caused by the coronavirus pandemic, the S&P 500 fell almost 20%, but a more

balanced portfolio (containing 45% in U.S. stocks, 20% in international stocks, and 35% in investment-grade bonds) declined about 12% – a sizable drop, to be sure, but far smaller than the tumble of the S&P 500. *

Clearly, owning a mix of investments can help reduce the effects of market volatility on your portfolio. But it's also important to diversify with a purpose in mind. Your stocks and stock-based mutual funds are designed to provide long-term growth potential – which you'll still need during your retirement to help you stay ahead of inflation. But as a retiree, you should also be able to rely on your cash and short-term, fixed-income investments – such as bonds with short maturities, Treasury bills and certificates of deposit – for your income needs over the next three to five years. Also, it's

a good idea to have about a year's worth of your living expenses in cash and cash equivalent vehicles. Cash instruments and short-term, fixed-income investments offer you two key advantages. First, they're highly liquid, so you typically will have no trouble accessing them when you choose. Second, by having sufficient amounts in these cash and short-term instruments, you will have some protection against having to tap into your longer-term, variable investments when the financial markets are down. With sufficient cash and the right short-term investments in place, you can reduce your worries about what's happening in the stock market during your retirement years. And the fewer concerns you have, the more you can enjoy this time in your life.

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Shopping for assisted living facilities

As people age, often-times their living arrangements need to be adjusted. Needs evolve as children move out or other situations arise. One of the scenarios that may come to pass as a person ages is the need for more specialized help that just isn't possible at home.

When failing physical or mental health affects one's ability to be independent and live safely at home, moving into an assisted living facility may be the next step. The National Center for Assisted Living indicates assisted living offers the little bit of help some people need when they can no longer manage living alone. Typically these facilities provide assistance with bathing or dressing, medication management and other care, while also catering to people who may not require the around-the-clock medical care most often associated with nursing homes.

Vetting is an impor-

tant component of finding assisted living facilities. Family caregivers need to educate themselves about services, costs and other resources provided by assisted living facilities.

AARP says assisted living facilities provide residents with a range of services that can include supervision, meals, housekeeping, laundry, and personal care. Residents usually have their own apartments or private rooms. Because they are mostly regulated at state level in the United States, there is a lot of variety among these facilities. That means family caregivers need to assess their needs and desires in a facility to find the right one that fits. Assisted living facilities offer a home-like environment, and the amenities available vary based on cost.

Paying for assisted living differs from paying for nursing homes. Largely government-subsidized health

programs like Medicare and Medicaid pay for nursing home care. Those who would be best serviced by assisted living may find they may not qualify for government support, nor may the facilities accept anything other than private payment or long-term care insurance to cover room and board.

Other considerations in assisted living facilities are size, specialties, atmosphere, location, and the ability to transition to higher forms of care. Assisted living may fill a void currently, but it's often not a permanent situation for all, and eventually certain residents may have to



move on to skilled care facilities.

Potential residents and their families should visit various assisted living facilities to get a feel

for what they are like. Speak with the staff and residents, request a meal and get a sense of the environment. Apart from cost, how the home feels

is one of the most important factors in shopping around for this type of residence.

Why routine checkups are vital to overall health

Regular visits with a medical professional are an important part of a healthy lifestyle. Too often people visit the doctor only when they are ill, as they may not realize just how essential well visits and physical exams are.

Routine checkups are the smartest way for people in all age groups to stay on top of their health, but they can be especially valuable for those age 50 and older. Regular checkups enable physicians to check current health against

past visits, ensuring that any anomalies can be investigated and treated efficiently and promptly. This can make the difference in slowing down the progression of a disease that has already developed or prevent something from becoming a full-fledged issue.

The Mayo Clinic says there are no hard and fast rules about how often seniors should visit health care providers. Those who are in generally good health may only require one medical checkup a year. At this point vital signs will be checked, medications reviewed and lifestyle topics discussed. Doctors may even recommend or discuss tests. Patients also can bring up any issues they may be experiencing, however insignificant they may seem. Anything from sleep disturbances to memory loss to unexplained fatigue or pain can be addressed. Sometimes getting everything out in the open and being reassured that there's nothing

to worry about can be helpful.

General care and geriatric doctors also are adept at asking questions to get a sense of how patients are faring in the world. This may include topics that seemingly have no relevance to health but can be quite important. A provider may ask about topics such as bathing or dressing. Questions about social interaction or typical routines can paint a better picture of both physical and mental health.

The recommended frequency of doctor visits may change as health issues arise or if follow-up is needed after a treatment plan or injury, according to the caregiver company Home Care Assistance. Some seniors may have to visit a provider once a week or once a month. Doctors, nurses and therapists will design a regimen based on a patient's current health needs.

The following are some compelling rea-

sons to be diligent with provider visits.

- Frequently health issues can be silent and not noticed early on by a patient, according to Mercy Medical Center in Baltimore.

- Patients will be less likely to forget about important screenings, like mammography, prostate tests, cholesterol tests, and more.

- Vaccines can be administered, as even adults need certain immunizations to stay healthy.

- Patients can discuss potential lifestyle changes, like going on a diet or taking up a new fitness regimen.

It is essential to follow through with health care provider visits, even if they seem redundant. Physicians may detect issues that warrant close observation. Patients are urged to have an open dialogue with their doctors so they understand the reason behind health care visits and expectations in the future.

Market swings making you uneasy? Let's talk.



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MAY 25, 2020

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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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A NOTE FROM THE DEVELOPER: In these strange times it is vitally important to provide a safe and secure setting to show property. The nature of home construction is allowing for work to continue as close to normal as possible. We have broken ground on several new foundations and are prepared to meet our 120-day construction timeline. We are fortunate at Highland Ridge to have two unoccupied and easy to show model homes as well as virtual tours where you can view the home from any device. **We welcome you to visit www.rocherealty.com or www.highlandridgenh.com for more information on these new homes being constructed in Tilton, NH. Prices start at \$299,900**

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Newfound Memorial Middle School

- Head Football Coach
- Assistant Football Coach
- Volleyball Coach
- Field Hockey Coach
- Girls Soccer Coach

If interested, please send a letter of intent, resume, and names and phone numbers of 3 references to:

**Stacy Buckley- Superintendent
Newfound Area School District
20 North Main St.
Bristol, NH 03222**

Questions should be directed to Alex Sobolov, Athletic Director at asobolov@sau4.org or 744-6006 x1507.



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Yard Customer Service

This is a full time position in our Ashland Lumber yard. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Fork lift experience preferred. Heavy lifting is required and excellent prior work history a must. Weekend hours required on a rotating schedule.

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Dan Uhlman, Manager
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This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

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SoulFest 2020 postponed

GILFORD — New Sound Concerts is postponing its 23rd annual SoulFest celebration in light of the uncertainty regarding reopening restrictions due to COVID-19. For the safety of all patrons, partners, volunteers, vendors, staff, and surrounding community New England’s premier Christian music festival will postpone until Aug. 5-7, 2021. SoulFest draws thousands of attendees from all over New England and beyond, many of whom camp onsite at Gunstock throughout the festival.

Gunstock Camping staff will be reaching out to all individuals who have camping reservations for SoulFest 2020 to determine if they want to keep, move, or otherwise adjust their camping plans. If anyone has questions about camping, feel free to email camp@gunstock.com. All pre-purchased tickets for the 2020 festival will be honored for the 2021 festival. New Sound Concerts, the 501c3 behind SoulFest, is working with agents to rebook the full lineup for the 2021 festival. The 2020 lineup featured GRAMMY and Dove-Award Winning Christian artists Casting Crowns and Lecrae. Also confirmed for 2020 was Crowder, Matt Maher, Corey Asbury, Big Daddy Weave, Andy Mineo, Unspoken, We The Kingdom, Evan Craft, Social Club Misfits, Propaganda, Gawvi, Disciple, Oh, Sleeper among others listed at thesoulfest.com. In line with New Sound Concerts’ dedication to bring Music, Love & Ac-

tion to the forefront of SoulFest, it hosts a speaking series, featuring local and international speakers. The “Soul University” series is designed to converse with and engage the SoulFest audience in the arts, modern culture, as well as, awareness leading to action in fighting social injustice. More than music the festival’s beautiful location and amenities draw all ages to enjoy outdoor activities and adventures including a zipline, mountain coaster, rock climbing, an aerial tree-top adventure, climbing walls, Segway tours, and more. Plus, festival specific activities such as open mics, guided nature walks, outdoor games and inflatables, art and faith installations, fair-trade vendors and shopping, educational exhibitions. Tickets and upgrades will remain on sale now through the 2021 festival so that patrons can help New Sound Concerts endure the heavy impact COVID-19 has had on the events indus-

try. For more information about the festival, ticket or to donate visit www.TheSoulFest.com. About Gunstock Mountain Resort Located in Gilford and boasting spectacular mountaintop views of Lake Winnepesaukee and the Ossipee Range, Gunstock Mountain Resort is one of the largest four season recreation areas in the state, and one of the oldest, opening its doors in 1937. Gunstock was the first New England ski area to install a chairlift, offers 1,400 vertical feet, 227 acres and 48 alpine and freestyle trails, plus 50km of dog-friendly cross country, snowshoe, and fat bike trails. Gunstock’s campground has 290 sites, cozy cabins, and RV/trailer hookups, providing outdoor accommodation for kids of all ages when they stay and play at the mountain. For additional information please visit: www.gunstock.com, www.facebook.com/gunstock-mtn, www.instagram.com/gunstock-mtn, www.twitter.com/gunstockmtn.

Classifieds

HELP WANTED/ NOTICES

**PLYMOUTH ELEMENTARY SCHOOL
2020-2021 SCHOOL YEAR**

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Please send letter of intent, resume, and references to:

Lynn Davis
Human Resources Coordinator
SAU #48
47 Old Ward Bridge Road
Plymouth, NH 0264
ldavis@pemibaker.org

**Moultonborough Central School
Pre-K to 4**



Kindergarten Registration for 2020-2021

Information is now being accepted for the 2020-2021 kindergarten class. Students must be 5 years old by September 30, 2020. For spring registration we ask that families contact the administrative assistant via email by May 15th with the following information:

- Child's name
- Date of Birth
- Parent/Guardian(s) name, mailing address, and phone number

A registration packet will be mailed to you, and further information about screenings will be provided as we know more. If you do not have access to email or wish to provide the information to a secure phone line, please call the MCS office: 476-5535. If no one answers please leave a message with the Principal, Kathleen D'Haene, and office staff will return your call.

Contact information:
Moultonborough Central School
Annette Rowland: arowland@sau45.org

**Hebron-Bridgewater
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Seasonal Laborer position available – Part-time 20 hours per week, through Labor Day.

Flexible schedule – Two 10 hour days, per week. Friday, Saturday or Monday. You choose which two days. The Hebron-Bridgewater Refuse District is currently accepting applications for a seasonal parttime laborer to assist in the sorting of recyclables at the recycling facility located in Bridgewater.

Work will be performed under supervision at all times. The Applicant must have the ability to establish and maintain effective working relationships with supervisors, subordinates, town officials, and the general public. High School Diploma or a GED is required. Must possess the physical strength and ability to perform necessary duties pertaining to the job requirements. Must have a telephone in the home or must have immediate access to a cell phone. Essential Job Functions (Except as specifically noted, the following functions are considered essential to this position. The listed examples may not include all duties for this position):

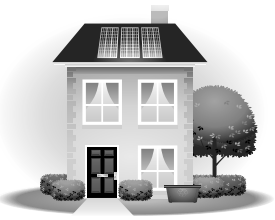
- Work associated with the operations and maintenance of a town solid waste and recycling facility.
- Proper and safe use of hand tools used in the maintenance and functions of the recycling facility such as shovels, rakes, brooms and the like.
- Must be able to lift 50 lbs on a frequent basis.
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Kathleen D'Haene, Principal
Moultonborough Central School
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Moultonborough NH 03254
or email all documents to: kdhaene@sau45.org



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LACONIA – Prescott Farm Environmental Education Center was among six award winners recognized on Tuesday, May 5 at the New Hampshire Preservation Alliance annual awards.

Prescott Farm was recognized for stewardship of its property. For more than two decades, the staff and board of directors have worked with the Pardoe family (descendants of the original Prescott Family) to ensure that the land and historically significant structures are available for public use and education. A recent, four-year extensive high quality barn preservation project is a symbol of environmental and organizational stewardship and a central place for the non-profit’s very active and effective youth and adult programs.

Jennifer Goodman, executive director of the Preservation Alliance, said, “Our members and friends are telling us that old buildings and other special places offer feelings of community and steadfastness during this uncertain time.”

Historic preservation activity also supports good jobs and contributes to local economic vitality.

Other honorees at Tuesday evenings awards were:

- Carolyn W. Baldwin for outstanding leadership and contributions to the New Hampshire preservation movement;
- Bill Bartlett for the rehabilitation and re-use of the Plaistow Depot;
- Historical Society of Cheshire County for restoration and rehabilitation of the Wyman Tavern and the Bruder House;
- Wolfeboro Girl Scouts FIRST Lego League Team for outstanding advocacy; and
- Arnold M. Graton for outstanding leadership and contributions to the New Hampshire preservation movement.

The awards to were presented virtually through a YouTube broadcast and Zoom meeting.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with more than 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.



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